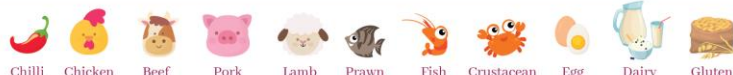


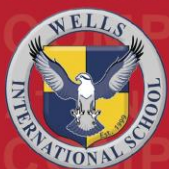
# Lunch Menu

Week.....1

Please be aware that items on this menu may change or be unavailable at certain times.



Day	Monday	Tuesday 01 Nov'2022	Wednesday 02 Nov'2022	Thursday 03 Nov'2022	Friday 04 Nov'2022
Food					
Morning Break	Seasonal Fruit	Butter Cookies	Seasonal Fruit	Koko Krunch	Fruit jelly
Drink	Whole Milk	Whole Milk	Whole Milk	Whole Milk	Whole Milk
Thai 1		Stir Fried chicken with basil	Spicy Fried Chicken Salad	Stir Fried Pork with Green Peppers	Chicken Fried
Thai 2		Braised Pork with Shiitake and Bamboo Mushroom	Stir Fried Vegetables with Pork	Stir Fried Chicken with Garlic	Pork and Egg Stew
International		Deep Fried Fish with Lemon Sauce	Chicken Steak with Garlic Brown Sauce	Grilled Chicken with Honey Mustard Sauce	Chicken macaroni with tomato sauce
Vegetarian		Stir Fried Kale with Mushroom	Stir Fried Cucumber with Egg	Stir Fried Noodle with Shiitake Mushroom	Japanese Curry with Mix Vegetables
Rice	Steamed rice Rice berry	Steamed rice Rice berry	Steamed rice Rice berry	Steamed rice Rice berry	Steamed rice Rice berry
Noodle		Fried noodle with pork, kale in gravy sauce	Chicken Ramen	Braised Chicken with bitter gourd noodle	Pork Noodle Soup
Salad Bar	Salad Bar	Salad Bar	Salad Bar	Salad Bar	Salad Bar
Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit



# Lunch Menu

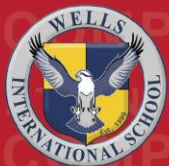
Week.....2

Please be aware that items on this menu may change or be unavailable at certain times.



Day	Monday 07 Nov'2022	Tuesday 08 Nov'2022	Wednesday 09 Nov'2022	Thursday 10 Nov'2022	Friday 11 Nov'2022
Food					
Morning Break	Seasonal Fruit	Carrot cake	Seasonal Fruit	Mini Croissant	Butter Raisin cakes
Drink	Whole Milk	Whole Milk	Whole Milk	Whole Milk	Whole Milk
Thai 1	Teriyaki Chicken and Grill Broccoli	Stir fried black pepper with Pork	Hainanese Chicken Rice	Stir Fried Pork with Onion	Fried Rice with Chicken
Thai 2	Clear Soup with Tofu and Minced Chicken	Green curry with chicken	Bamboo shoot with Pork Mince soup	White Radish with Chicken	Seaweed, Tofu & Pork Mince Soup
International	Spaghetti Carbonara with Chicken ham	Grill Chicken with Rosemary	Spaghetti Mushroom Sauce	Pesto Spaghetti & Roasted potato	Deep-fried fish with Cream sauce lemon
Vegetarian	Stir Fried Vegetables in brown Sauce	Stir fried Soy sauce with 3 vegetables	Vegetables Gartin	Egg Salad	Stir fried wombok and fresh shitake mushroom
Rice	Steamed rice Rice berry	Steamed rice Rice berry	Steamed rice Rice berry	Steamed rice Rice berry	Steamed rice Rice berry
Noodle	Chicken Noodle Soup	Yentafo	Tom - Yum noodle with Pork ball	Pork Noodle Soup with Coccinia	Egg noodle with red BBQ pork
Salad Bar	Salad Bar	Salad Bar	Salad Bar	Salad Bar	Salad Bar
Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit





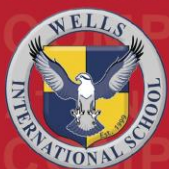
# Lunch Menu

Week.....3

Please be aware that items on this menu may change or be unavailable at certain times.



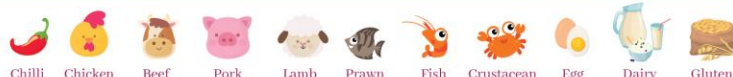
Day	Monday 14 Nov'2022	Tuesday 15 Nov'2022	Wednesday 16 Nov'2022	Thursday 17 Nov'2022	Friday 18 Nov'2022
Food					
Morning Break	Seasonal Fruit	Tuna Sandwich	Seasonal Fruit	Pie Chicken White Sauce	Egg tart
Drink	Whole Milk	Whole Milk	Whole Milk	Whole Milk	Whole Milk
Thai 1	Stir Fried Mix Vegetable with Pork	Stir Fried Cabbage with Vermicelli and Chicken	Stir Fried Pork with Basil	Deep fried fish with sweet-sour	Stir Fried Mix Vegetable with Chicken
Thai 2	Chicken Tom- yum	Red curry with pork	Chicken with potato Soup	Green curry with chicken	Stewed pork leg on rice
International	Roasted Chicken with Japanese Sauce	Roasted Chicken with Honey Sauce & Mashed Potatoes	Bake Pasta with Tomato and Pork	Spaghetti Carbonara with chicken ham	Fettuccine Stroganoffs
Vegetarian	Stir fried Tofu with sweet-sour	Vegetable Tempura	Stir fried tofu with holy basil	Deep fried tofu with sweet-sour sauce	Stir Fried Broccoli with Carrot
Rice	Steamed rice Rice berry	Steamed rice Rice berry	Steamed rice Rice berry	Steamed rice Rice berry	Steamed rice Rice berry
Noodle	Tom yum kai noodle	Yentafo	Egg noodle soup with Roast pork	Chicken stew noodle	Sukiyaki pork
Salad Bar	Salad Bar	Salad Bar	Salad Bar	Salad Bar	Salad Bar
Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit



# Lunch Menu

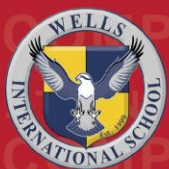
Week.....**4**

Please be aware that items on this menu may change or be unavailable at certain times.



Day	Monday 21 Nov'2022	Tuesday 22 Nov'2022	Wednesday 23 Nov'2022	Thursday 24 Nov'2022	Friday 25 Nov'2022
Food					
Morning Break	Seasonal Fruit	Butter Bread Sugar	Seasonal Fruit	Banoffee	Garlic bread
Drink	Whole Milk	Whole Milk	Whole Milk	Whole Milk	Whole Milk
Thai 1	Fried chicken with green pepper	Stir fried Cauliflower with pork	Stir fried chicken with garlic	Stir fried kale with Chicken, mushroom	Chicken Stew Chinese style
Thai 2	Tofu and pork soup	Chicken in coconut soup	Winter melon Soup with pork	Thai Style Fragrant Eggs Chinese Five-Spice Stew	Macaroni Chicken Soup
International	Chicken steak with black pepper	Roasted Chicken with rosemary	Chicken New Orlean	Chicken Teriyaki	Fish & chip
Vegetarian	Deep-fried tofu with sweet - sour sauce	Grilled vegetable pesto	Stir fired Chinese kale with tofu	Stir fried Vermicelli with Korea sauce	Fried Tofu with Tamarind sauce
Rice	Steamed rice Rice berry	Steamed rice Rice berry	Steamed rice Rice berry	Steamed rice Rice berry	Steamed rice Rice berry
Noodle	Rice noodle soup with Stewed Chicken	Pork Nam Tok Noodles	Tom-yum Chicken noodle soup with lemongrass	Ayutthaya boat noodles with Pork	Chicken ball noodle
Salad Bar	Salad Bar	Salad Bar	Salad Bar	Salad Bar	Salad Bar
Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit





# Lunch Menu

Week.....**5**

Please be aware that items on this menu may change or be unavailable at certain times.



Day	Monday 28 Nov'2022	Tuesday 29 Nov'2022	Wednesday 30 Nov'2022	Thursday	Friday
Food					
Morning Break	Seasonal Fruit 	Tuna Crackers	Seasonal Fruit 		
Drink	Whole Milk 	Whole Milk 	Whole Milk 	Whole Milk 	Whole Milk 
Thai 1	Spicy Grilled Chicken Salad (Nam-Tok) 	Spicy fried chicken with basil leaves and boiled bamboo 	Stir Fried Mix Vegetable with Pork 		
Thai 2	Winter Melon Soup with pork, shitake 	Stewed Cabbage soup with mushrooms	Radish soup with Chicken, carrot 		
International	Braised Pork with Honey Sauce. 	Chicken and Mashed Potato 	Pork Steak with Salsa sauce 		
Vegetarian	Stir Fried Broccoli with Carrot 	Stir fried Tofu with Mix vegetable 	Stir-fried Cauliflower with tofu 		
Rice	Steamed rice Rice berry 	Steamed rice Rice berry 	Steamed rice Rice berry 	Steamed rice Rice berry 	Steamed rice Rice berry 
Noodle	Tom Yum Yentafo 	Pork Noodles 	Tom Yum noodle with Pork ball 		
Salad Bar	Salad Bar 	Salad Bar 	Salad Bar 	Salad Bar 	Salad Bar 
Fruit	Seasonal Fruit 	Seasonal Fruit 	Seasonal Fruit 	Seasonal Fruit 	Seasonal Fruit 